



# MANCHESTER MARATHON 2020




## EVENT GUIDE 2020 SUNDAY 5TH APRIL

#MANCHESTERMARATHON

Lancashire Cricket Club, Talbot Road,  
Old Trafford, Manchester, M16 0PX



**JOIN US ONLINE:**

 @McMarathon  
 @ManchesterMarathon  
 @Marathon\_MCR

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# MARATHON CHECKLIST

Your Manchester Marathon event day checklist is below. Please plan ahead and prepare well to get the most of your event day experience.

1

## READ

This race booklet before it contains essential and important information!

2

## ARRIVE IN PLENTY OF TIME

We advise using Metrolink to travel to the event. Old Trafford Metrolink stop is the closest to bag drop, but others are available near the start. There is no official event parking. Check out our travel page for more information: [www.manchestermarathon.co.uk/event-info/travel](http://www.manchestermarathon.co.uk/event-info/travel)

3

## PINS

Safety pins or other way of attaching your number, such as race pins.

6

## YOUR MERCHANDISE

Make sure you get your event merchandise at exclusive advance prices! **VISIT THE SHOP [HERE](#).**

5

## MARATHON EVE

**JOIN** your fellow runners in their pre-race preparation on **Saturday 4th April 10am - 5pm** at **Great Northern Warehouse**.

4

## YOUR BIB

Bring your race number and make sure the emergency information is filled in on the back

7

## BAG DROP

If using the bag drop, only bring one small bag. Larger bags may be refused for security and space. To avoid queues we suggest you leave it with friends and family

8

## BRING A CASH DONATION FOR PRE & POST RACE MASSAGE

9

## JUMPER DROP

Make sure you bring an old jumper or jacket to wear whilst in the the start pens to keep warm. Cancer Research UK will be collecting all discarded clothing from the starts. Please bring spare kit to change into for afterwards.

12

## REPATRIATION

Make sure you plan with your friends and family where you will meeting them after crossing the finish line.

11

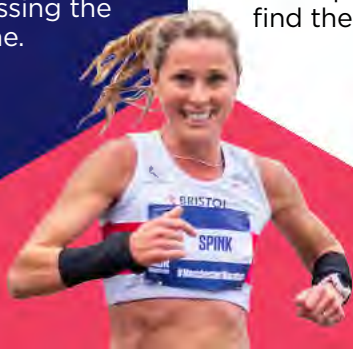
## SPECTATORS

Make sure your friends and family check out the Spectator Guide to find the best locations to watch.

10

## MARATHON APP

Make sure you download the Manchester Marathon App. Download from **APP STORE** or **PLAY STORE**



# INTRODUCTION

**T**hank you for choosing to run with us at the 2020 Manchester Marathon on Sunday 5th April. Our team have been working for the last 12 months to ensure the event is the best yet, offering you a first class experience throughout your journey. We know each and

every one of you has a key motivation to get you round our 26.2 mile course, and we are here to support you as you attempt one of the most demanding physical challenges. Whether it's your

first marathon or your 50th, we wish you all the best with achieving your goals.

This guide aims to cover every aspect of the Manchester Marathon, and reading it will enhance your experience on Manchester Marathon weekend. It contains important details concerning your safety, logistics, and other items we feel you will find interesting.



## YOUR MANCHESTER MARATHON EXPERIENCE INCLUDES

- Course entertainment for runners & spectators.
- 8 on course water stations.
- Science in Sport GO Isotonic energy gels at 4 drinks stations
- Pace runners to help you get around in your target time.
- The UK's flattest major marathon course, measured and certified to IAAF/AIMS standards (certificate No 20/038).
- The Hangout at Lancashire Cricket Club for all the family to wait for your runner. Including food, live marathon coverage and more.

## PLUS

Event Villages at Lancashire Cricket club with:

- Bag drop
- Pre & Post race massage
- Ron Hill technical finisher t-shirt
- Finisher Merchandise to order
- Goodies hand out
- Finishers photo opportunities
- Hangout area for friends and family with street food vendors





# ABOUT THE MANCHESTER MARATHON



**T**his is an event that aims to truly represent all the wonderful people of Manchester, and celebrate our achievements. Since its launch in 2012 it has received rave reviews from participants, thanks to its professional delivery, flat route and amazing support from crowds around the course.

You've helped make this one of the largest marathons in Europe, and the 2nd biggest in the UK. We are equally as proud to welcome world beaters such as Susannah Gill (who broke the world record for 7 marathons in 7 continents), as we are the

brave 7,000 of you who are attempting a marathon for the first time. You really are all heroes.

Together with our sister run, the Tommy's Manchester Half (11th October 2020), we are proud to say that these events raise over £3,000,000 for charity, and bring an even larger financial benefit to the local communities. Additionally, this run supports the Trafford Active Fund which helps young athletes from Trafford to achieve and fund their sporting dreams.

Moving forward we have an ambitious vision to make the Manchester Marathon one of

the world's premier running events. Further becoming a best in class experience for our runners of all abilities, spectators, and in the eyes of the millions watching. One of the first steps in that is our new city centre route section, along with improvements we have made to the event's accessibility and sustainability. Thanks for being part of this exciting journey, and we look forward to seeing you on Sunday 5th April.



## A FEW WORDS...

**“** This is by far our most exciting Manchester Marathon to date, with a sell out event, a shiny new city centre section taking in iconic landmarks and more entertainment than ever before on route. After all the months of training for the Marathon, we want you to embrace the moment and enjoy every minute. Lookout for our friendly volunteer marshals who will be cheering you all the way along the route, without these incredible volunteers our event simply could not take place. Which leads me on to say a huge thank you to all of our volunteers, local residents & businesses who come out and support you know matter what the weather!

Every person involved in this event, is so passionate about

making this a success, and we hope this is shown in abundance on the race day. Finally, have an amazing day, we look forward to seeing all of your excited faces at the start and finish lines ! **”**

Aimée-Louise  
Baker,  
Race Director



## POST-RACE SURVEY/ FEEDBACK

We have lots of entertainment and activities planned for the big day and we'd love to hear your feedback. Every participant will be sent a post event survey via email after the race and we'd be very grateful if you could fill it in. In return for your time and responses you will be entered into a prize draw with the chance of winning some great prizes, and places into future events such as the 2020 Tommy's Manchester Half and 2021 Manchester Marathon.



# RACE WEEKEND TIMETABLE

## SATURDAY 4TH APRIL

10:00 – 17:00 – Marathon Eve & Race Pack Pick up (Great Northern Warehouse, Deansgate)

## SUNDAY 5TH APRIL

07:00 Athlete's Village & The Hangout at Lancashire Cricket Club Open for bag drop

08:00 Start Areas Open

08:00 Live Coverage begins on ManchesterMarathon.co.uk

08:45 Live video stream available in Hangout and online

08:55 Wheelchair athletes start

08:55 Live Tracking available through the Manchester Marathon App

09:00 Mass runners start

09:57 Relay runners start

11:00 Live DJ & Music in Hangout

12:30 Prize giving ceremony in The Hangout on the Main Stage

16:30 Athlete's Village & The Hangout closes





# GETTING TO THE EVENT

For more information  
on any of the below  
please head to the Travel  
page on our website

**www.  
manchestermarathon.  
co.uk/event-info/travel**

## METROLINK

We advise getting to the event via the reliable tram network. There are a number of cost effective ticket options for both runners and spectators. The nearest stops to the start area are **Pomona, Exchange Quay** and **Trafford Bar**. The nearest stops to the finish line, event villages, bag drop, main toilets are **Old Trafford & Trafford Bar**.



## RELAY RUNNERS

Please check your relay start and end location to find the nearest available tram stop to travel to and from The Hangout at Lancashire County Cricket Club. Please ensure you have a Metrolink card or another method of payment with you.

## PARK & RIDE

There are over 100 park and ride locations in Greater Manchester. It's easy to park up and hop on the tram for a hassle free journey to the event. Parking at tram stops is free for all Metrolink customers.

## RAIL SERVICES

If you are travelling to the event from outside Manchester by rail we recommend using either Manchester Piccadilly or Manchester Victoria stations. Both stations have Metrolink connections so you can quickly hop on a tram to continue your journey.

## DISABLED PARKING

If you require disabled parking place contact us: **info@  
manchestermarathon.co.uk**





# YOUR NUMBER

**R**ace numbers and timings chips will be posted out to all runners, with exception of international runners (anyone from outside of the UK).

## WHEN WILL I RECEIVE MY PACK?

Race packs will arrive from 16th March onwards, right up until a couple of days before the event. If your race pack does not arrive before or on Saturday 4th April, you will be able to collect a replacement pack from the pick up location at Marathon Eve, **Great Northern Warehouse, 5 Deansgate, Manchester M3 4EN.**

## INTERNATIONAL RUNNERS

Race packs are not posted to address outside of the UK. Please visit the Pack Pick point on Saturday 4th April.

**WHEN:** 10am – 5pm on Saturday 4th April (day before event)

**WHERE:** **Great Northern Warehouse, 5 Deansgate, Manchester M3 4EN.**

**NEAREST STATION:** Deansgate Train Station (5min walk)

## LOST RACE PACKS

Please keep your race number safe, and remember it on race day. Your race number includes a timing chip – therefore if you lose your race number you will not be given an official finisher time. If you lose your race pack, please visit Marathon Eve, **Great Northern Warehouse, 5 Deansgate, Manchester M3 4EN.** to be allocated a new pack.



## NEED ANY HELP?

If this is your first race, or if you are unfamiliar with the area, we understand you might have a lot of questions. We've tried to answer as many queries as possible in this booklet and on the website, so please look here first and you might find what you need. If you have any remaining questions, please visit **[gmm.zendesk.com](https://gmm.zendesk.com)**

If you can not find your answer to your question, please feel free to contact our customer service team via email **[info@ManchesterMarathon.co.uk](mailto:info@ManchesterMarathon.co.uk)**





# ROUTE MAP



# START AREA AND PACERS

- WHITE START AREA
- RED START AREA
- GREEN START AREA
- PURPLE START AREA
- YELLOW START AREA
- PINK START AREA
- BLUE START AREA
- ORANGE START AREA
- RELAY START AREA



WHARFSIDE WAY

RELAY

WHITE CITY CIRCULAR

ORANGE

YELLOW

RED

WHEELCHAIRS



KFC

PURPLE

WHITE CITY CIRCULAR

PINK

GREEN

BLUE

CHESTER ROAD



WHITE CITY  
RETAIL PARK

## SPECTATORS

There is limited spectator viewing at the start, and many areas are for runners only. We advise spectators to go straight to the city centre section to cheer.

## LIMITED TOILETS

There will be a limited number of toilets around the start area and the queues may be long. We recommend using the toilet at The Hangout and behind the Trafford Town Hall instead before you get to the Start Area (see map on page 13). Make sure that you allow for plenty of extra time for some queuing for whichever toilet option you choose!

## PACERS

A great team of pace runners are available to help you achieve your goal finish time.

Pacers will run the following times:  
**3:00, 3:15, 3:30, 3:45, 4:00, 4:15, 4:30, 4:45, 5:00, 5:15 & 5:30.**

There will be several pacers for each time to spread you out along the course and

make running more comfortable for you and your fellow runners. They will be easily identifiable with back packs and flags showing their time, positioned in the relevant start pen areas.

For more information, please visit  
[www.manchestermarathon.co.uk/prep/pacing-team](http://www.manchestermarathon.co.uk/prep/pacing-team)



# MARATHON NUTRITION AND WATER STATIONS



## Science In Sport GO Isotonic Energy Gels

will be available at specific water stations across the route. Nutritional information can be found [HERE](#). Make sure you pick up your own supply today at Science in Sport [WEBSITE](#).

## WATER STATION LOCATIONS

STATION	MILE	PRODUCT
1	3.1	Water
2	6.2	Water and gels 
3	9.6	Water (Cups)
4	12.2	Water and gels 
5	15.8	Water
6	18.6	Water and gels 
7	21.7	Water and gels 
8	24.7	Water (Cups)

For 2020, we are trialling two cups only water stations to reduce plastic use across the event. Please help us in our work to minimise wastage at the Manchester Marathon by discarding of your bottles, cup and gel packets in the recycling bins provided.





# FURTHER ROUTE INFORMATION

## UKA RACE RULES

The race is licenced by UKA and their race rules apply. Please click here for the rules. [www.britishathletics.org.uk/competitions/rules](http://www.britishathletics.org.uk/competitions/rules)



## SHELTER AND REFUGE POINTS

There will be 1 shelter and refuge point on the course, where you can have a rest and either carry on, or withdraw if you wish. We want you to enjoy the race and please don't feel pressured to continue because of sponsorship monies, or for any other reason.

The refuge point is located here:

- The Life Centre  
235 Washway Rd,  
Sale M33 4BP

## ROUTE CUT OFF TIMES

The Finish line will close 6 hours after the last person has crossed the start line. Due to our staggered road closures you may be asked to move onto the pavement if you do not keep within the 6-hour pace, so we can appropriately facilitate the roads reopening for business and resident access. **PLEASE BE AWARE** that although the main race begins at 09:00, you may not cross the start line until 09:53.

## TOILETS

There are a large number of toilets behind Trafford Town Hall and within The Hangout. There are limited toilets at the start, and shortly prior to or following each drink station on route.

## DROPPING OUT

If you cannot continue, we recommend that you head to the nearest tram stop, as this will be your quickest way to get to The Hangout. At set intervals, a bus will take runners from the refuge point to The Hangout. There is also a sweeper bus at the back of the race, following the race.

If you do drop out, if possible, let a marshal know your race number. Make sure you try to let your friends and family know so that they don't worry if you are not back in the expected time!



## HEADPHONES

Headphones are permitted according to UK athletics rules if you are not competing for a prize. However, we ask you to consider that headphones prevent you from hearing what's going on around you, possible emergency instructions and most importantly the cheer from spectators.



# EVENT VILLAGES

- 1 FOOD
- 2 BAGGAGE
- 3 MERCH
- 4 CHARITIES
- 5 STAGE
- 6 PARTNER ZONE





# ATHLETE'S VILLAGE

The Athlete's Village will be open for runners once they cross the line, with a range of goodies available. Please note this is a participants only area, spectators will not be able to access.

## MEDAL AND FINISHER TOP

At the finish line, you will be able to collect your well-deserved Manchester Marathon 2020 Finisher's Medal. All finishers will receive a technical t-shirt produced by Ronhill, made from sustainable material. These are unisex design, available in sizes from XS through to XL. As in previous years, any remaining t-shirts and medals will be donated to charitable schemes.



## PARTNER GOODIES

Our amazing partners are supplying you with a range of delicious treat to refuel. For more specific nutrition information, please visit [www.manchestermarathon.co.uk/athletesvillagehandouts](http://www.manchestermarathon.co.uk/athletesvillagehandouts)



## ERDINGER ALCOHOL FREE BEER

**ERDINGER**  
ALKOHOLFREI

## KIND SNACKS



## SCIENCE IN SPORT PROTEIN20



## TENZING NATURAL ENERGY





# THE HANGOUT

OPEN FROM **07:00**  
AND CLOSES AT **16:30**

## TRAFFORD TOWN HALL

Family fun activities  
and seated restaurant



## ENTERTAINMENT

## PRIZEGIVING



## FOOD & DRINK

## BAG DROP



## MERCHANDISE

Please note no stock will  
be available on event day,  
but can be pre-ordered via  
the official website. **www.  
manchestermarathonshop.  
co.uk**

## OFFICIAL PHOTOZONE

Pre-order your photos now to get  
an exclusive price. Visit  
**www.awoladventure.com**  
**/events/humanrace**  
**/manchestermarathon2020**



## MASSAGE

## OFFICIAL CHARITIES

## PARTNER ZONE

Head over to see our partners,  
Hoka One One, Kind & 2XU with a  
range of exciting activity including  
the Hoka One One trainer recycling  
zone, Kind Chill Out Zone & 2XU  
compression kit!



# RELAYS

## TRAVEL TO POINTS

Please ensure that you have your Metrolink card or money to travel on Metrolink between the relay points.

## RUNNER A

The start time for the relay race is **09:57** after the main field has departed. The first runner (A) will need to congregate behind the main field.



## ALL OTHER RELAY RUNNERS

The other runners in the team will need to make their own way to the designated start points on the route. All of the points are within 3km of a Metrolink. The relay locations will be signposted, and marshals will be in place to point you in the right direction.

Do not travel to the changeover points by car as there will be road closures in place for the event and you will not get through. We have provided jogging

maps (to the nearest tram stop) on the website that you can use to get to the start point and back to the Athlete's Village at the end of your leg. These maps can be found at: [www.manchestermarathon.co.uk/route/relay-return-info/](http://www.manchestermarathon.co.uk/route/relay-return-info/)

It is imperative that the person wearing the **RUNNER D NUMBER DOES THE LAST LEG** otherwise you will not get a time for your team.

EVENT AND LEG	STARTING POINT	NEAREST TRAM STOP	DISTANCE FROM TRAM STOP TO START POINT
<b>2 LEG RELAY</b>			
Runner A	Race Start Line, Bridgewater Way	Pomona, Trafford Bar or Old Trafford	800m - 1130m
Runner B	De Quincey Road (A56 side)	Navigation Road	2000m
<b>4 LEG RELAY</b>			
Runner A	Race Start Line, Bridgewater Way	Pomona, Trafford Bar or Old Trafford	800m - 1130m
Runner B	Bridgewater way Southside (near Cornbrook Road)	Cornbrook	160m
Runner C	De Quincey Road (A56 side)	Navigation Road	1900m
Runner D	St John Divine Church	Brooklands	960m

## FINISH

**Runners A, B and C** will collect their medal at the relay changeover point before returning to the Athlete's Village at Lancashire Cricket Club. **Runner D** will collect theirs from the main finish line.

## BAGGAGE ARRANGEMENTS FOR RELAY TEAMS

Rather than leave all bags in the bag drop, think ahead and make sure that your bag is ready for you at the changeover point:

- Runner A:** give your bag to runner B to take to the changeover point
- Runner B:** give your bag to runner C to take to the changeover point
- Runner C:** give your bag to runner D to take to the changeover point
- Runner D:** leave your bag in the bag drop at the Athlete's Village, in your car or with friends and family.





# MARATHON EVE MEET-UP



JOIN US FOR YOUR  
FINAL MINUTE  
PREPARATION AND  
SUPPORT AT THE  
**MARATHON EVE**  
MEET UP!

**SATURDAY**  
**4TH APRIL**  
**10AM – 5PM**

**GREAT  
NORTHERN  
WAREHOUSE**  
**5 DEANS GATE,**  
**MANCHESTER**  
**M3 4EN**



**MEET OUR  
PACERS**

**TENZING  
STRETCH  
ZONE**

**MERCHANDISE**



**EXPERT  
SUPPORT**

**TRAINER  
RECYCLE  
ZONE WITH  
HOKA ONE  
ONE**







# MERCHANDISE AND PHOTOS

Make sure you have  
everything you need  
to remember your  
amazing achievement!

**BUY  
NOW**



**GRAB EXCLUSIVE  
MERCHANDISE**

[www.manchestermarathonshop.co.uk](http://www.manchestermarathonshop.co.uk)

**PRE-ORDER  
YOUR PHOTOS**

[www.awoladventure.com/events/humanrace/manchestermarathon2020](http://www.awoladventure.com/events/humanrace/manchestermarathon2020)





# THANK YOU

It takes a large number of organisations working together to make a successful large-scale event and we are so grateful to the following:

## OUR AMAZING TEAM

Our great event team and marshals from across Greater Manchester and further afield.

## TRAFFORD & MANCHESTER CITY COUNCIL

Councillors and staff for their continuing support and help in making the race such a success.

## OUR PARTNERS FOR THEIR SUPPORT

## LOCAL COMMUNITIES

The residents, places of worship and businesses from the local communities on the course for their support.

## THE SUPPORTERS

All the entertainers and support on the race route, and all those supporting you along your training journey.

## THE CHARITIES

The charities who have runners taking part, including those for our official charities Alzheimer's Society, Cancer Research UK, Save the Children, Royal Manchester Children's Hospital & The Christie.

## PARTICIPANTS

Thanks to you for entering and for all your preparation and training.

## LOCAL SERVICES

The local police and emergency services.







**PARTNERS**





# ELEVON 2

THE  
ENERGY CUSHIONED  
ROAD WARRIOR



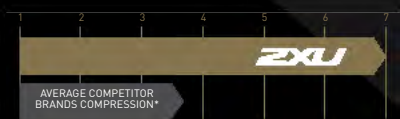
**HOKA ONE ONE**  
TIME TO FLY™



# GEAR UP FOR YOUR NEXT FINISH LINE WITH 2XU COMPRESSION

**FINISH LINES  
ARE  
EVERYWHERE**

POWER RESULTS (NEWTONS)



WEFT & WARP STRETCH (%)



**MORE THAN TWICE THE COMPRESSION  
POWER OF OTHER BRANDS <sup>2</sup>**

\*BASED ON AVERAGE NEWTONS MEASURED FOR  
8 COMPETITOR COMPRESSION BRANDS

**SCIENTIFICALLY ENGINEERED  
TO BE THE WORLD'S LIGHTEST,  
MOST POWERFUL & MOST  
FLEXIBLE COMPRESSION**

**#1 IN POWER BALANCE  
AND RESIDUAL STRETCH <sup>1</sup>**

## IMPROVE PERFORMANCE



**GAINS OF UP TO 10.6 SECS  
OVER A 10KM RUN <sup>3</sup>**



**5% PEAK POWER GAINS AND 18% BLOOD  
FLOW INCREASE TO THE QUADS <sup>7</sup>**



**POWER IMPROVEMENT OF UP TO 1.4% FOR  
EXERCISE BOUTS UP TO 30 MINUTES <sup>8</sup>  
EVEN IMPROVEMENT OF THIS MAGNITUDE  
MAY INFLUENCE COMPETITION SUCCESS**

## REDUCE THE RISK OF INJURY



**REDUCES OSCILLATORY PROPERTIES  
OF QUADRICEPS, CALVES AND  
SURROUNDING SOFT TISSUE**



**DELIVERS LOWER MARKERS OF BLOOD  
CLOTING IN A MARATHON <sup>7</sup>**



**REDUCES HEART RATE BY UP TO 2.5%  
FOR EXERCISE BOUTS LASTING  
UP TO 15 MINS <sup>5</sup>**

## SPEED UP RECOVERY



**4.8% INCREASE IN  
BLOOD LACTATE REMOVAL  
IN A 60 MINUTE RECOVERY PERIOD <sup>9</sup>**



**REDUCED SWELLING TO THE THIGH BY 1.1CM  
AND TO THE CALF BY 0.6CM  
BASED ON GIRTH MEASUREMENT WHEN WORN  
IN A 60 MINUTE RECOVERY PERIOD <sup>10</sup>**



**POWER IMPROVEMENTS  
OF UP TO 2%  
WHEN WORN FOR RECOVERY  
BETWEEN REPEAT BOUTS  
OF EXERCISE <sup>6</sup>**

**2XU**  
HUMAN PERFORMANCE MULTIPLIED.

\*READ THE RESEARCH AND TAKE ADVANTAGE OF SPECIAL OFFERS AT:  
<http://www.2xu.com/uk/race-offers-2020.html?src=RunWith2XU>



# TOP TIPS ON RACE DAY FUELLING

## HOW DO I AVOID "HITTING THE WALL"?

Hitting the wall is when your body has depleted all glycogen stores and is "running on empty". To help prevent this, start taking on energy early during the race. Athletes often make the mistake of waiting until they're tired before they start taking on energy. However, the body always uses more energy than it can possibly absorb. Take your first GO Isotonic Energy Gel after 20 minutes and continue feeding 60-90g of carbohydrate per hour.

## WHAT SHOULD I EAT BEFORE MY MARATHON?

In the days before your marathon your training should taper, but carbohydrate intake should increase as part of a carbohydrate loading schedule. This involves taking in 8-12 g of carbohydrate per kilo of bodyweight per 24 hours for 2 days. Avoid high fat, high protein and spicy foods. On the day, make sure you have breakfast 2-3 hours before and include normal breakfast foods that you have had before a training run. This should be mainly carbohydrate based e.g cereals, bread, fruit juice.

## DO I ONLY NEED GELS ON RACE DAY?

When preparing for a marathon, it is important to remember to plan in "train as you race" days. It's important to practice your sports nutrition plan during training to ensure that your body can tolerate it well. A good plan is to "fuel for the work required" that refers to days where you "train low" with reduced carbohydrate intake on those days when intensity and duration is not high and alternatively, plan days when you "train high" where you fully practice your marathon nutrition plan. This way, you're able to see the benefits of both fasted training and training with carbohydrate intake.

## WHAT'S THE BEST WAY TO RECOVER AFTER MY RUN?

Nutrition is one of the most important aspects of recovery. Recovery involves four main considerations; carbohydrate, protein, hydration and vitamin intake. Carbohydrate is considered the main recovery food, as this is the fuel that needs to be replaced so that you are able to go again. Protein assists muscle repair, while re-hydration helps the body's water to return to a normal state. Taking vitamins post exercise, particularly Vitamin C and Iron can help support immune function, which is suppressed after intense exercise. Ideally, take on a REGO Rapid Recovery shake within 30-60 minutes of finishing tough prolonged exercise, when the muscle's capacity to absorb nutrients is enhanced compared to resting conditions.







## **I'VE HEARD GELS CAN UPSET MY STOMACH WHEN YOU'RE RUNNING?**

The more hypertonic a gel is, the longer it can take to digest and the more chance it has to cause stomach upset. Thick gels are mainly simple sugar based, which when ingested causes a fluid shift in the gut to help it digest (this is why many companies suggest you take water with their gels. There is also research to suggest that fructose can increase the chance of gastrointestinal distress. To combat this, take a gel that is isotonic, like the GO Isotonic Energy Gel and try to avoid large volumes of fructose during exercise.

## **HOW OFTEN DO I NEED TO TAKE GELS DURING A MARATHON?**

Aim for 60-90 g of carbohydrate per hour. Using gels, this works out at 3 GO Isotonic Energy Gels per hour. Remember; don't wait until you're tired before you start taking on energy. Take your first gel after the first 20 minutes. Try to combine the gels with other energy sources like that in GO Electrolyte.

## **WHEN SHOULD I USE CAFFEINE DURING A MARATHON?**

Caffeine acts as a stimulant, decreasing your perception of fatigue. Caffeine is tolerated differently by everyone, but as a general recommendation, try to limit yourself to 200-300 mg of caffeine on the day of the marathon. This could come from 2-4 75 mg (caffeine) or two 150 mg (caffeine) gels. Aim to consume your caffeine gel at least 30 minutes prior to when you want the desired performance effect. This could often coincide with 30-60 minutes prior to the last hour of your marathon.

## **HOW MUCH FLUID DO I NEED? IT CAN BE HARD TO CARRY A BOTTLE.**

This completely depends on your sweating rate, but it's important to avoid excessive dehydration throughout your marathon. Because hydration status and fluid intake is individual, try to aim not to lose any more than 2-3% of your body mass throughout the marathon. Weigh yourself before and after training runs and calculate your body mass loss to estimate how much you are sweating. This usually falls around taking on 500-1000 ml of fluid per hour during your marathon. This is especially important during training and racing in warm weather. Find out where your feed stations are and prepare to take a bottle!

## **CAN I JUST DRINK WATER THROUGHOUT THE MARATHON?**

Make sure you include electrolytes (such as GO Hydro) in your water. To maintain hydration, we also need to maintain our blood sodium levels. We lose sodium through sweating and if we only replace our fluid losses with water, this could cause you to become hyponatremic (low blood sodium). Sodium also helps retain and absorb fluid into the system.



# GREAT NORTHERN, GREAT TIMES



## GREAT FUN

At Great Northern, you can throw axes at Whistle Punks, do yoga at The Life Centre, see the latest blockbuster at Odeon, play roulette at Manchester235 Casino, or bring the kids to play in our giant sandpit.

## GREAT FOOD

Whether you are looking for family friendly, quirky, quick, or just plain tasty, we have a restaurant to suit. There's Evuna with its Spanish tapas, the inimitable burgers at Almost Famous, a celebrity chef at James Martin Manchester, the best cakes ever at Alex's Bakery and Polish (with a twist) at Platzki, to name just a few.

## GREAT DRINK

If it's a refreshment you're after, there's a pint and live music at Lions Den, a fine selection of gins at Impossible or a fine selection of the best of Spanish wines at Evuna on our Deansgate Terrace.



Management Suite, 235 Deansgate, M3 4EN • 0161 832 8136 • [www.thegreatnorthern.com](http://www.thegreatnorthern.com)

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Alzheimer's Society operates in England, Wales and  
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Photo: Jamie Baker/Save the Children

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Be your personal best and help children  
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[www.savethechildren.org.uk/manchester-marathon](http://www.savethechildren.org.uk/manchester-marathon)



Registered Charity No. 213890 (England & Wales) and SC039570 (Scotland)



**Save the  
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EVERY STEP YOU TAKE WILL HELP US  
ACCELERATE PROGRESS AND SEE 3 IN 4  
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JOIN  
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NOW

We'll keep you going with the **support of our cheering teams**, our **training advice** and a **well-deserved massage** once you've finished at our **post race reception**.

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Visit: [cruk.org/manchester-marathon](https://cruk.org/manchester-marathon)



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Cancer Research UK is a registered charity in England and Wales (1089464), Scotland (SC041666) and the Isle of Man (1103).



# GOOD LUCK TEAM CHRISTIE



Join The Christie  
against cancer

THANK YOU TO ALL OUR TEAM CHRISTIE RUNNERS  
AT THIS YEAR'S MANCHESTER MARATHON;  
YOU ARE HELPING TO GIVE TENS OF THOUSANDS OF PATIENTS  
THE VERY BEST CHANCE OF BEATING CANCER.

There's still time to join our team by emailing [events@christies.org](mailto:events@christies.org)  
or visiting [www.christies.org/gmm](http://www.christies.org/gmm) #TeamChristie

# Go Team Humphrey!

Good luck and thank you to everyone running  
the Manchester Marathon as part of  
**#TeamHumphrey!**

With your support, we can continue to make a  
difference to every child, every day.



**MANCHESTER**  
**MARATHON** 2020



**Royal Manchester  
Children's Hospital Charity**

For further information please visit [rmchcharity.org.uk](http://rmchcharity.org.uk) or call 0161 276 4522

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